

12 MUDRAS FOR KIDS & TEENS



by Donna Freeman

Yoga for Your Hands

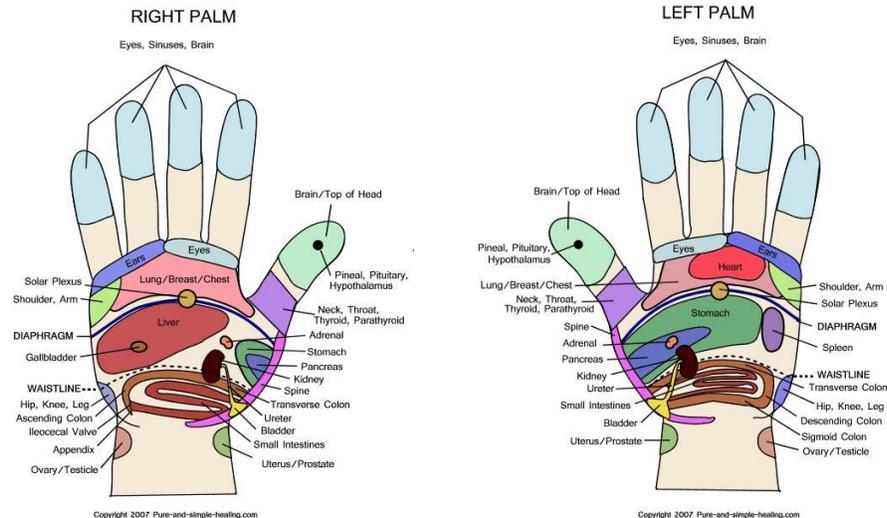


Discover the wonderful world of mudras as you learn to seal and shape the subtle energies of the body using your hands and fingers creating harmony and balance.

12 Mudras for Kids & Teens

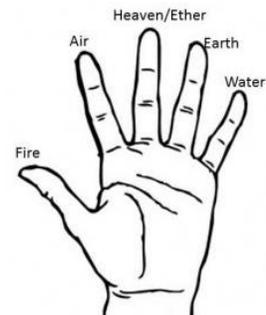
Mudras are symbols you make with your hands and fingers that seal and shape the subtle energies of the body and mind. In yoga mudras are one of many techniques that develop self-regulation and awareness, encouraging and increasing the body-mind connection. They provide an easy and accessible way to harness energy to benefit ourselves and others.

Hands are more than functional, they are an energetic map to our health and wellbeing. Reflexology teaches that each area of the hand corresponds to different areas of the body.



Furthermore, each finger corresponds to one of the basic five elements. As these elements work together they create harmony and balance in the body and mind through promoting interconnectedness.

- Fire/Agni:** transformation, heat, truth, power
- Air/Vayu:** mobile, dynamic, intellect, inspiration
- Ether/Akasha:** the space within which everything happens, sound, spirit
- Earth/Prithvi:** solid, stability, connection
- Water/Jal:** change, fluid, flow, release



Mudras can be practiced at any time during a yoga practice or as a practice on their own. Allow kids and teens to explore each mudra with curiosity and sensitivity. Instead of informing them what they should feel, provide time for them to experiment, check in and report on how and what they feel. Each individual will experience mudras in their own manner.

Mudras are a wonderful way to facilitate self-regulation and create awareness. Avoid long holds, holding for 1-3 minutes tops. There are no specific breathing patterns required. Simply perform the mudra and turn your attention inward. Kids can even create their own mudras. I'll often use mudras, creating a hand yoga flow which students will try to mimic, as a way to capture attention. Enjoy, experiment and have fun.

Anjali
Salutation

Bring the hands together with thumbs touching the sternum. Centering of the left and right sides of the body, calming as the palms press together. Hold at the heart, third eye or crown.



Use: to quiet, connect, humble

Gyan/Chin/Jnana
Knowledge

Classic yoga/ meditation mudra. Thumb and finger touch forming a circle, 3 fingers extended. Turned up for receptivity, turned down for grounding.



Use: to quiet the mind

Padma
Lotus

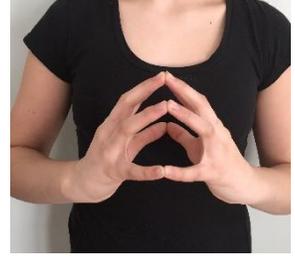
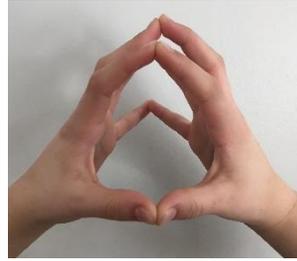
Pinkie fingers and thumbs touch, remaining fingers spread wide with the base the palms/wrists together. Like a flower blooming. Hold at the heart.



Use: to connect with the heart, increase compassion, share love

Hakini Fingerpress

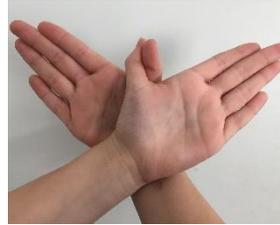
The tips of all fingers connect with those of the opposite hand. Palms apart and expanded, imagine holding the world in your hands. Gaze upward.



Use: to broaden perspective, improve memory, clear thinking

Garuda Eagle

Hold palms in front facing toward you, Cross your hands and hook the thumbs. Stretch the fingers as if they were wings. Hold at the naval, heart or upper chest.



Use: to balance vata (air), improve circulation, balance energy

Ganesha Elephant

Place one hand at your solar plexus with palm facing out. Cup fingers of both hands together. Resist as you gently pull apart taking the elbows wide.



Use: to release tension, build strength and determination

Kopota
Dove

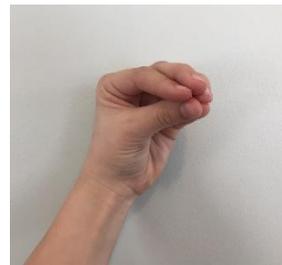
Begin in Anjali mudra then keeping fingertips and base of palm touching poof out knuckles.



Use: to heal, promote peace, cultivate ahimsa (kindness)

Mukula
Beak

Place the tips of all four fingers on the tip of the thumb forming a beak. Place the beak on any body part that needs attention or healing.



Use: to promote health, focus energy

Dhyana/Samadhi
Meditation

Traditional meditation mudra. Place the left hand in the lap, right hand resting on left. Bring the thumbs to touch creating a triangle.



Use: To balance thought, invite concentration, tranquility

Adhi Turtle in a Shell

Fold your thumbs into the palms and close fingers over thumbs. Turn finger side down and rest hands on thighs. Breathe deeply.



Use: to calm, shape the breath

Samputa Hidden Treasure

Cup the left hand in front of the navel. Cup the right hand over top creating a container to hold your inner treasure. Feel the energy within your hands recognizing your uniqueness



Use: to increase gratitude, sense of self and calm

Shankha Conch Shell

Place the right hand into the left palm. Close the left thumb into the right palm. Fold the right fingers over the thumb. Touch left index finger to right thumb.



Use: to calm and center the mind, decrease pitta (fire), think before speaking

